

Kansas Summer Food Service Program Snack Menus

4-Week Snack Menu

MENUS FOR WEEKS OF _____

COME JOIN US AT _____

FROM _____ am to _____ pm

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|---|--|---|--|
| Week 1 | Bagel – 1 oz (optional: Jelly – 1 Tbsp) Milk – 1 cup | Apple – 1 ea, sliced Cheese stick – 1 oz | Yogurt – 4 oz Snack Crackers – 6 ea (.7 oz) | Graham Crackers – 4 sq (.9 oz) Peanut Butter – 2 Tbsp | Plain Granola Bar – 1.8 oz Cantaloupe – ¾ cup |
| Week 2 | Snack Crackers – 6 ea (.7 oz) Cheese Stick – 1 oz | Peanuts – 1 oz Banana – ½ ea 100% Fruit juice – ½ cup | Cereal, dry – ¾ cup or 1 oz (optional: Raisins – ⅛ cup) Milk – 1 cup | Strawberries – ¾ cup Yogurt – 4 oz | Vanilla Wafers – 6 ea (1.1 oz) 100% Fruit Juice – ¾ cup |
| Week 3 | Grain Fruit Bar – 1 ea (2.2 oz) Milk – 1 cup | Apple – 1 ea, sliced Peanut butter – 2 Tbsp | Graham Crackers – 4 sq (.9 oz) Cheese Stick – 1 oz | Snack Crackers – 6 ea (.7 oz) (optional: Peanuts – 1 oz) 100% Fruit Juice – ¾ cup | Grapes – ¾ cup Yogurt – 4 oz |
| Week 4 | Muffin – 1.8 oz Milk – 1 cup | Watermelon – ¾ cup Snack Crackers – 6 ea (.7 oz) | Pretzel Sticks – 27 sticks (.7 oz) Milk – 1 cup | Bagel – 1 oz Peanut Butter – 2 Tbsp | Plain Granola Bar – 1.8 oz Baby Carrots – 3 ea (1.3 oz) 100% Fruit Juice – ½ cup |